

Monday-Friday 6:00AM - 9:00PM
Saturday 7:00AM - 8:00PM
Sunday 7:00AM - 5:00PM

GROUP FITNESS SCHEDULE MARCH BREAK

March 13 - March 22, 2026

All Group Fitness classes are subject to a minimum of three (3) participants.
Attendance will be monitored, classes will be cancelled if minimum is not met.

Participants must be 16 years or older to attend Group Fitness Classes

Turf
 Studio A & B
 Lane Pool
 Studio A
 Studio B
 Therapy Pool

 **New class**

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

6:30AM - 7:15AM
Bootcamp

6:30AM - 7:15AM
Core & Strength

6:30AM - 7:15AM
Bootcamp

8:30AM - 9:15AM
AquaFit

8:30AM - 9:15AM
AquaFit

8:30AM - 9:15AM
AquaFit

8:30AM - 9:15AM
AquaFit

8:30AM - 9:15AM
AquaFit

8:00AM - 8:45AM
Bootcamp

9:00AM - 9:45AM
Total Fit

9:30AM - 10:15AM
Gentle AquaFit

9:30AM - 10:15AM
Gentle AquaFit

9:30AM - 10:15AM
Gentle AquaFit

9:30AM - 10:15AM
Gentle AquaFit

9:30AM - 10:15AM
AquaYoga

9:00AM - 10:00AM
Awaken/Align Yoga

9:30AM - 10:15AM
CycleFit

10:00AM - 11:00AM
Prime Time

9:30AM - 10:15AM
CycleFit

10:00AM - 11:00AM
Prime Time

9:30AM - 10:30AM
CycleFit & Core

11:00AM - 12:00PM
Yoga

11:15AM - 12:00PM
Chair Pilates

11:00AM - 12:00PM
Yoga

11:00AM - 12:00PM
Yoga

12:15PM - 1:15PM
Chair Yoga

12:15PM - 1:00PM
Chair Strength/Yoga

1:15PM - 2:00PM
Gentle AquaFit

4:00PM - 4:45PM
Total Body Circuit

1:15PM - 2:00PM
Gentle AquaFit

3:00PM - 4:00PM
Restorative Yoga

5:30PM - 6:15PM
AquaFit

5:30PM - 6:15PM
AquaFit

5:00PM - 6:00PM
Kickboxing

5:00PM - 5:45PM
Water Bootcamp

6:15PM - 7:00PM
Total Fit

6:15PM - 7:00PM
Strong Bodies

6:15PM - 7:00PM
Strength & Cardio Tabata

7:15PM - 8:15PM
Yoga

7:15PM - 8:15PM
Yoga

**All Therapy Pool classes
limited to 35 participants
using a token system**



**Scan to view more
details online**



Schedules subject to change.

**SUNNY
LIFE**  **RECREATION
& WELLNESS
CENTRE**



MARCH BREAK

BOOTCAMP

Combining dynamic strength exercises and heart-pumping cardio intervals, this full-body workout builds power, stamina, and agility. For all fitness levels.

CHAIR PILATES

Beginner-friendly, it improves flexibility, core strength, and posture. Focused on controlled movements, alignment, and mindful breathing, this low-impact workout builds a strong foundation.

CORE & STRENGTH

Strengthen your foundation with a full-body workout focused on enhancing core stability and overall strength. Mixing targeted exercises and strength-building movements, improve balance, posture, and functional fitness. Suitable for all fitness levels.

CYCLEFIT

Burn calories and get the heart pumping during a ride with climbs, sprints, and intervals to build strength, endurance, and power. Set to motivating music, use our specialized bikes that can be customized to your fitness level. Our high-energy 30-minute EXPRESS version will maximize results in minimal time. Perfect for busy schedules.

CYCLEFIT AND CORE

Get the heart pumping while building solid endurance. It delivers powerful cardiovascular training, burns calories, plus shapes and tones the lower body. Enjoy a spirited 45 minute ride. Then ease into a floor-based routine that strengthens and stabilizes your core, leaving you steady, centered and revitalized.

KICKBOXING

A high-energy, full-body workout that blends martial arts-inspired movements with heart-pumping cardio drills. Punch, kick, and strike your way through combinations. Set to upbeat music to improve strength, endurance, coordination, and agility.

PRIME TIME

Geared to adults 55+, this gentle intensity class focuses on cardiovascular fitness with low impact aerobics, strength through resistance training and endurance with repetitive moves for balance, core strength and flexibility.

STRENGTH & CARDIO TABATA

Push your limits and leave feeling unstoppable in this 45 minute class. Uses short bursts of effort and quick recovery to build muscle, boost endurance, and torch calories in a high energy, supportive environment. Expect dynamic movements, motivating music, and options for every fitness level.

STRONG BODIES

A moderate intensity, fat burning & muscle sculpting workout that includes strength and cardio interval training for the entire body. Each instructor will bring their own unique approach to this beloved class.

TOTAL BODY CIRCUIT

A full-body workout built around timed stations that blend strength and cardio. You will rotate through purposeful intervals designed to build total-body strength, improve balance and coordination, and support heart health.

TOTAL FIT

A 45 minute high intensity workout that combines 15min cardio, 15min strength training and 15min of core exercises, all set to upbeat music. This class is designed to be motivating and entertaining while providing a comprehensive total-body workout.



New class

MOTHERS OF NEWBORN CLASS

****Requires Mothers of Newborn Membership**

BABY WATER BOOTCAMP**

Using the properties of water, exercises are used to improve your strength and stamina while baby is able to float and play using our baby floating devices. This program is always a baby favorite!!!

Learn more



POOL CLASSES

AQUAFIT

An excellent low impact, calorie burning, full body workout that is gentle on the joints and great for participants recovering from injuries.

AQUA YOGA

The perfect combo of yoga principles and water's buoyancy to enhance flexibility, strength, and balance. This low-impact class supports movement, reduces joint stress, and is suitable for all fitness levels and those with joint pain or limited mobility.

GENTLE AQUAFIT

This gentle aquafit class offers a low-impact, full-body workout that is easy on the joints while effectively burning calories. Ideal for participants recovering from injuries, it provides a safe and supportive environment to improve strength and flexibility.

WATER BOOTCAMP

This high-energy, full-body class combines strength, cardio, and core exercises. Using the natural resistance of water, get intensity while being easy on the joints, making it accessible for all fitness levels.

YOGA CLASSES

AWAKE & ALIGN YOGA

An energizing yoga flow to start your day with an inner glow. You will tone your body, strengthen your brain and relax your entire nervous system.

CHAIR YOGA / CHAIR STRENGTH YOGA

Improve flexibility, strength, and balance through seated and standing poses while promoting relaxation and mindfulness. Ideal for beginners or those with mobility challenges.

GENTLE FLOW YOGA

This gentle flow yoga class is a quiet invitation to slow down and truly listen. Through smooth, unhurried transitions and steady breath, we create a practice that feels nourishing yet purposeful.

RESTORATIVE YOGA

A gentle yoga designed to help relieve tension, focus on breathing, and increase mindfulness. Offers a perfect complement to a hectic, fast paced life or intense workouts.

YOGA

This all-levels class is designed to enhance flexibility, strength, and relaxation. Improve balance and posture while reducing stress.

**Scan to
view online**



OUR STRONG COMMUNITIES CAMPAIGN

The YMCA is committed to building healthier communities, creating opportunity, fostering potential, and encouraging belonging. If you require financial assistance for any programs please contact Leanne Clarke leanne.clarke@nrt.ymca.ca